

## APPENDIXES

## APPENDIX I

### MEASURES FOR BETTER HEALTH--A SUMMARY

Throughout this report a number of specific measures have been identified as important to improving the health of individuals. Summarized in this Appendix are the principal recommendations for healthier infants, children, adolescents and young adults, adults and older adults.

In most cases, issues which span several age groups are discussed for the age group at greatest risk for the problem addressed. However, for those issues in which the nature of the problem varies by life stage (e.g., nutrition), the recommendation is repeated with a different emphasis for each age group.

#### HEALTHY INFANTS

Education for parenthood. People who are well informed about the care required by infants can better plan and prepare for parenthood. Prospective parents can seek education for parenthood classes through physicians, hospitals, and community organizations. Schools can offer preparation for parenthood to children and teenagers.

Genetic counseling. Prospective parents who have a history of family disorders such as Down syndrome, Tay-Sachs disease, sickle cell anemia, hemophilia, muscular dystrophy, or serious mental disorders should seek special counseling. Health professionals can provide this information to their patients and make appropriate referrals for genetic services.

Prenatal care. Good prenatal care is essential for a healthy pregnancy. Medical care, dietary assistance and counseling is important for all expectant mothers. Mothers with social and economic

barriers to such care can be targeted by outreach and follow-up programs.

Prenatal nutrition. Pregnant women have extra needs for iron, protein, calcium, and calories and may need to be provided with dietary suggestions and/or supplements. Nutritional guidance and services are available from health professionals and service agencies.

Prenatal maternal habits. To reduce the potential for adverse effects on the developing fetus, women should avoid tobacco and alcohol during pregnancy. Counseling and appropriate services can help expectant mothers who wish to avoid these risks. Similarly, physicians should avoid prescribing use of medications and exposure to radiation by pregnant women, unless warranted by special circumstances.

Amniocentesis. A test (amniocentesis) sampling the intrauterine fluid at about the 16th week of pregnancy can determine whether certain serious birth defects exist in the fetus. Expectant mothers at higher risk include those who: are 35 and over; have a history of multiple spontaneous abortions; or have a family history of Down syndrome, neural tube defects, inherited metabolic disorders, multiple birth defects, or sex linked inherited disorders. Detection of an abnormality may require a personal decision about an abortion.

Breast feeding. Breast milk is the most complete form of infant nutrition and is recommended for full-term newborn babies, unless there are specific problems or breast feeding is unsuccessful. If a nursing mother is healthy and well nourished, fluoride and possibly Vitamin D may be the only supplements needed by the baby. After about four months iron may also have to be added. Solid foods should not be introduced hastily into the baby's diet--rather they should be phased in gradually.

Pediatric care. Regular, comprehensive pediatric care can help assure the early detection of preventable problems, and provide preventive

services such as immunizations (see below). In addition to a detailed examination after birth, every baby should be examined before leaving the hospital or within 10 days of birth, and again at approximately two, four, six, and nine months of age.

Immunizations. Childhood diseases that can be prevented by vaccinations continue to be a threat to infant health. Babies should be immunized for diphtheria, pertussis, tetanus, and polio at ages two months, four months, and six months (polio immunization is optional at six months). They should also receive the recommended childhood immunizations thereafter.

Social services. Some families require special support services to enhance the healthy growth and development of their children. Such services include high quality day care, improved foster care and adoption programs, as well as services to assist families in which a parent may suffer from chronic disabling disease, mental illness, alcoholism, or drug abuse.

## HEALTHY CHILDREN

Early childhood development. A stimulating and healthy environment during the early part of life can enhance a child's growth and development. Programs such as Head Start, which provide comprehensive services for children, including day care, health care, nutrition, education and counseling, have produced important gains in child development, particularly for families with low incomes.

Special support services. Special sources of support should be available through community agencies and health care providers to assist children and families under particular stress. Foster care programs and practices should be designed to increase the opportunities for children to grow up in a stable and healthy environment.

Injury reduction. Accidents are the single greatest threat to children's health. People can reduce children's risk of injury and death by:

- having the child secured in an approved child carrier, safety harness or seat belt when riding in an automobile;
- storing toxic agents out of reach, away from food, and in special containers with fastened safety caps;
- ensuring against access to knives and guns;
- carefully supervising young children at play, particularly when they are near water or streets;
- instructing the child what to do in situations of special risk (e.g., stoves, matches, electrical sockets, traffic).

Pediatric care. Some childhood problems can be prevented or ameliorated through the provision of certain medical services. Examples of such services include: identification and treatment of vision and hearing problems; assessment of developmental skills important to learning; immunizations (see below); and early diagnosis and treatment of childhood infections. Children should, therefore, receive routine pediatric evaluations at least every two to three years.

Immunizations. Children should be immunized for diphtheria, pertussis, tetanus, and polio at ages two months, four months, six months, 18 months, and four to six years (polio immunization is optional at six months), and for measles, mumps, and rubella at age 15 months.

Nutrition and exercise. Acquiring healthy eating and exercise habits in childhood may have lifelong benefits. An appropriate balance of food intake and physical activity promotes normal weight. Excessive intake of salt, sugar, and fats should be

avoided. Parents and schools can emphasize these points through instruction, meal planning, and physical education programs emphasizing lifelong exercise activities. Nutrition supplements can be provided to children in high risk families.

Healthy habits. Preparing young children for peer group pressures with regard to smoking, alcohol use, drug use, and sexual activity can enhance their ability to deal with those pressures later. Parents, schools, and health professionals are all important to the provision of comprehensive health education which can help children to acquire skills to cope with problems they will confront as teenagers.

Fluoridation. The most effective and efficient way to prevent tooth decay is through fluoridation of community water supplies. If the water supply is not fluoridated, alternative fluoride sources can be provided through school-based fluoride mouth rinse or tablet programs, fluoride rinsing services from dentists, fluoride tablets for home use.

Dental care. Children should be taught proper tooth brushing and flossing techniques at early ages, and should begin regular visits to a dentist by age three. Sweets in the diet should be limited to prevent tooth decay.

#### HEALTHY ADOLESCENTS AND YOUNG ADULTS

Roadway safety. Automobile accidents are the leading cause of death among young people. A substantial number of injuries and deaths could be avoided through careful, defensive driving habits. Especially important are avoiding driving after drinking (or riding with a driver who has been drinking) or use of mood-altering drugs; obeying traffic laws; and using seat belts or, for cyclists, helmets. These efforts can be reinforced by Federal, State, and local measures to set and enforce safety regulations and lower speed limits, and to improve roadway and vehicular design.

Smoking, alcohol, and drug use. Experimental behavior by young people can lead to dependence or misuse of certain substances. Collective measures can be taken by parents, teachers, health professionals, and community organizations to provide adolescents and young adults with information and skills necessary to help them avoid cigarette smoking or harmful use of alcohol or drugs.

Nutrition and exercise. Changes in values and social pressures may encourage adolescents to eat snack foods that do not contain adequate supplies of essential nutrients. Yet, good eating habits and regular, vigorous exercise are important to still growing adolescents. During their growth spurt, teenagers need more calories, and particularly more protein, calcium, and iron.

Family planning. Unwanted pregnancy is a distressing problem for adolescent and young adult women in this country. Families, schools, health professionals, and social organizations can ensure that information about birth control measures is provided to young people of both sexes, and that family planning services are easily accessible to those who are sexually active. Services (including continued schooling) can also be made available in the community for young women who become pregnant and are in need of care and advice.

Sexually transmissible diseases. Sexually transmissible diseases that affect large numbers of young people are preventable. Families, schools, health professionals and social organizations can help provide information, confidential counseling, and treatment to prevent the transmission of venereal diseases. Periodic screening for disease which may not be symptomatic can be obtained from private physicians and community clinics, and encouraged for sexually active young people. Clinic personnel, sex educators, and family planning services counselors can stress the value of condoms in reducing the spread of disease and can emphasize the importance of informing partners immediately if disease is discovered.

Immunization. Young people should receive a booster immunization for diphtheria and tetanus at age 15.

Mental health. Young people frequently experience periods of frustration, uncertainty, and confusion, and should be encouraged to talk over problems with people with whom they can be open. Alert and sensitive friends, family members, clergy, or counselors at school or work can be helpful during periods of stress, anxiety, depression or uncertainty. Hotlines may also be helpful. Mental health professionals may be needed if conditions persist.

Firearms. Handguns are involved in a substantial number of homicides, suicides and accidental deaths in this country. Actions at the individual, community, and governmental levels can provide measures to reduce the availability of handguns.

#### HEALTHY ADULTS

Smoking. Cigarette smoking is the principal preventable cause of chronic disease and death in this country. Public education efforts at the Federal, State, and local levels, as well as health professionals, can provide information about the health hazards of smoking and suggestions on how to stop. Those who cannot quit on their own may benefit from one of the organized smoking cessation clinics. Those who are unable or unwilling to stop ought to smoke brands low in tar and nicotine, to inhale less, to smoke their cigarettes only half way, and to reduce gradually the number of cigarettes smoked.

Alcohol. Misuse of alcohol leads to accidental injury, family disruption, and chronic disease for millions of Americans. It is important that people realize the dangers--particularly for pregnant women--when alcohol is used excessively. Individuals (or their families) with alcohol-related problems may find effective assistance from health professionals, the clergy, community groups such as



Alcoholics Anonymous, or programs run by various businesses to assist employees with drinking problems.

Nutrition. Good nutrition is an essential component of good health. People should adopt prudent dietary habits, consuming:

- only sufficient calories to meet body needs (fewer calories if the person is overweight);
- less saturated fat and cholesterol;
- less salt;
- less sugar;
- relatively more complex carbohydrates, such as whole grains, cereals, fruits and vegetables; and
- relatively more fish, poultry, legumes (e.g., peas, beans, peanuts), and less red meat.

Employers, food advertisers, grocery stores, and health and social service agencies can add to the promotion of healthy nutritional habits by providing the information and access to foods necessary to a good diet.

Exercise. Regular exercise can bring physical and psychological benefits. Adults should be encouraged to exercise vigorously--if possible, at least three times a week for about 15 to 30 minutes each time. Caution should, however, be taken to initiate activity gradually, and anyone over 40, or with a health problem of any kind, should consult a physician before beginning a vigorous exercise program. The importance of regular and sustained exercise for adults should be stressed in public information programs and by health professionals. Communities and employers can encourage fitness-related programs, including, where practical, the provision of facilities or pathways to make

bicycling, running, and other exercise safer and more convenient.

Environmental health. Toxic agents in our environment can present health hazards which may not be detected for years. Private and public actions at all levels are important to protect against possible environmental hazards. Individuals can support the monitoring of industrial and agricultural production processes to reduce exposure to potentially toxic agents.

Worksite health and safety. The occupational setting is important both as a source of potential health hazards and a site for health promotion activities. Health programs at the worksite can provide information and protection related to all potential workplace hazards for employees, including stress, as well as offer activities and services to promote healthier lifestyles. People should both encourage these programs and take advantage of them.

Hypertension. High blood pressure affects millions of Americans and is a major contributor to heart disease and stroke. Adults should have a screening exam for high blood pressure at least every five years, and every two to three years if over age 40. If hypertension is discovered, and medication prescribed, it is important that people follow their therapeutic regimens carefully.

Pap smear. The Pap smear is an important tool to detect cervical cancer at early stages. Women should have three Pap smears taken one year apart beginning at age 20, or at the beginning of sexual activity. Thereafter, a Pap smear should be taken every three years to age 35, then every five years to age 60, then every three years. Screening frequency should be increased if any abnormalities are found, or if a woman is taking oral contraceptives or estrogen therapy.

Breast examination. Self-examination is the most effective way to detect breast cancer at an early treatable stage. Women should examine their

own breasts monthly, after the menstrual period, for early signs of cancer (lumps, abnormal discharge, irregular size). Post-menopausal women should select a specific day of the month for such self-examination. Health professionals and public health education programs can provide information and instruction on breast self-examination, and increase their efforts to disseminate this important information. Periodic screening by mammography is not needed until after age 50, except for women who have already had cancer in one breast, and after 40 for women with a family history of breast cancer.

Cancer signs. Some cancers present signs at early stages in which the chances for successful treatment are greater. People should watch for early signs of cancer and consult a physician if any are noticed. In addition to the signs for breast cancer noted above, other cancer signs include: changes in bowel or bladder habits; a sore that does not heal; unusual bleeding or discharge; difficulty swallowing; change in a wart or mole; or nagging cough or hoarseness (American Cancer Society's seven cancer signs).

Mental health. Many people suffer from various forms of emotional disorders or mental illness. It is quite common for people to become, at one time or another, uncommonly anxious, depressed, or have difficulty coping with a life event. Professional assistance may be helpful if particular difficulty is encountered and may be available through health professionals, employers, local media, community organizations, hospitals, telephone hotlines, and other outreach organizations.

Dental care. People frequently lose their teeth prematurely because of poor dental and gum care. Adults should take care of their teeth with daily brushing and flossing and an annual dental examination.

## HEALTHY OLDER ADULTS

Work and social activity. Employment and/or volunteer opportunities are important for older people accustomed to working. Maintaining an active social life is also important to their good health. Older people should remain active socially, avoid isolation, and maintain ties with family members and friends. Community health and social organizations can facilitate group activities for older people, when possible, in community centers.

Exercise. Regular physical activity for older adults can provide physical and psychological benefits, as well as help maintain flexibility and balance important to preventing falls. Older adults should therefore engage in exercise, such as daily walks, regularly.

Nutrition. Older people have certain special dietary needs. Regular, nutritious meals are important and particular care should be taken to include vegetables, sources of iron, calcium, and fiber, and use more fish, poultry, and legumes than red meat as sources of protein in the diet.

Preventive services. Some problems associated with aging can be detected and corrected at early stages. Older adults should have health check-ups at least every two years until age 75, and every year thereafter. The following should be performed each time: blood pressure check (with follow-up and treatment, if warranted), hearing and vision exam, breast exam for women, urinalysis, and hematocrit (measurement of red blood cells). At less frequent intervals women should have Pap smears, and all should have stool examined for blood. When possible, these and other preventive services such as foot care, dental care and dietary guidance should be provided at a single location.

Medication. Older people frequently receive too much medication. Often, fewer kinds of medications and lower dosages will suffice. Patients should ask their physicians to regularly review the medications

they are taking. They should also request that medication be prescribed by its generic name, whenever feasible.

Immunization. Every year, many older adults die or are incapacitated unnecessarily due to influenza or pneumonia. Older people can consult their physicians about immunization against these diseases.

Home safety. Falls are the leading cause of accidental injury and death among older adults. People and agencies responsible for housing for the elderly can provide such home safety measures as ample lighting, sturdy railings and steps, non-slip floor surfaces, and fire protection and detection measures.

Services to maintain independence. For those whose activity is limited, often relatively minor services can help older people maintain their independence. People should encourage programs and services to help avoid unnecessary institutionalization. Examples include programs for: safe and affordable housing; dietary assistance through group meals and home meals; communications and transportation services; recreation and education opportunities; in-house services such as homemaker, visiting nurse and home health aides care; reading aids; and access to advice and services from appropriate health professionals.

## APPENDIX II

### SOURCES OF ADDITIONAL INFORMATION

Additional information about various health promotion and disease prevention activities is available from a number of sources. This section lists representative sources of information, grouped by the 15 activity areas introduced in Section III. Both government agencies and private, non-profit groups are listed. These agencies and organizations comprise only a portion of the total possible sources. Many other qualified sources of such information exist, including State and local health agencies which generally provide a comprehensive repository of consumer-oriented health information. Most groups listed offer free or low cost literature. The Surgeon General does not necessarily endorse the statements or viewpoints of the organizations listed.

#### PREVENTIVE HEALTH SERVICES

##### Family Planning

- National Clearinghouse for Family Planning Information  
6110 Executive Blvd., Suite 250  
Rockville, Maryland 29852  
(301) 881-9400
- Planned Parenthood Federation of America, Inc.  
810 Seventh Avenue  
New York, New York 10019  
(212) 541-7800

- National Family Planning and Reproductive Health Association, Inc.

Suite 350  
425 Thirteenth Street, N.W.  
Washington, D.C. 20004  
(202) 783-1560

- American College of Obstetricians and Gynecologists

Resource Center  
Suite 2700  
1 East Wacker Drive  
Chicago, Illinois 60601  
(312) 222-1600

#### Pregnancy and Infant Care

- Office of Maternal and Child Health

Program Services Branch  
Bureau of Community Health Services  
Health Services Administration  
Room 7A20, Parklawn  
5600 Fishers Lane  
Rockville, Maryland 20857  
(301) 443-4273

- National Foundation -- March of Dimes

Public Health Education Department  
1275 Mamaroneck Avenue  
White Plains, New York 10605  
(914) 428-7100, ext. 298

- American College of Obstetricians and Gynecologists

Resource Center  
Suite 2700  
1 East Wacker Drive  
Chicago, Illinois 60601  
(312) 222-1600

- American Academy of Pediatrics

1801 Hinman Avenue  
Evanston, Illinois 60204  
(312) 869-4255

### Immunizations

- Center for Disease Control

Bureau of State Services  
Technical Information Services  
Center for Disease Control  
Atlanta, Georgia 30333  
(404) 452-4021

- National Institute of Child Health and Human Development

Office of Research Reporting  
Room 2A34, Building 31  
National Institutes of Health  
Bethesda, Maryland 20205  
(301) 496-5133

### Sexually Transmissible Diseases

- Center for Disease Control

Bureau of State Services  
Technical Information Services  
Center for Disease Control  
Atlanta, Georgia 30333  
(404) 452-4021

- American Social Health Association

260 Sheridan Avenue  
Palo Alto, California 94306  
(415) 321-5134



- National Operation Venus

1213 Clover Street  
Philadelphia, Pennsylvania 19107  
(800) 523-1885

High Blood Pressure and Heart Disease

- National High Blood Pressure Information Center

Suite 1300  
7910 Woodmont Avenue  
Bethesda, Maryland 20014  
(301) 652-7700

- National Heart, Lung, and Blood Institute

Public Inquiries Office  
Room 4A21, Building 31  
National Institutes of Health  
Bethesda, Maryland 20205  
(301) 496-4236

- American Heart Association

7320 Greenville Avenue  
Dallas, Texas 75231  
(214) 750-5300  
(or local chapters)

- Consumer Information Center

Consumer Information Center  
Pueblo, Colorado 81009  
(303) 544-5277, ext. 370

## HEALTH PROTECTION

### Toxic Agent Control

- Center for Disease Control  
Chronic Diseases Division  
Bureau of Epidemiology  
Building 1, Room 5127  
Center for Disease Control  
Atlanta, Georgia 30333  
(404) 329-3165
- Environmental Protection Agency  
Office of Public Awareness  
Environmental Protection Agency  
401 M Street, S.W.  
Mail Code: A-107  
Washington, D.C. 20460  
(202) 755-0700
- National Institutes of Health  
National Institute of Environmental  
Health Sciences  
Post Office Box 12233  
Research Triangle Park,  
North Carolina 27709  
(919) 541-3345
- American Lung Association  
1740 Broadway  
New York, New York 10019  
(212) 245-8000  
(or local chapter)

## Occupational Safety and Health

- Occupational Safety and Health Administration

Office of Public and Consumer Affairs  
U.S. Department of Labor (Room N3637)  
200 Constitution Avenue, N.W.  
Washington, D.C. 20210  
(202) 523-8151

- Clearinghouse for Occupational Safety and Health

National Institute for Occupational  
Safety and Health  
Center for Disease Control  
Robert A. Taft Laboratory  
4676 Columbia Parkway  
Cincinnati, Ohio 45226  
(513) 684-8326

- National Safety Council

444 North Michigan Avenue  
Chicago, Illinois 60611  
(312) 527-4800

- American Industrial Hygiene Association

475 Wolf Ledges Parkway  
Akron, Ohio 44311  
(216) 762-7294

- American Occupational Medical Association

Suite 2240  
150 North Wacker Drive  
Chicago, Illinois 60606  
(312) 782-2166

## Accidental Injury Control

- Consumer Product Safety Commission  
Consumer Education and Awareness  
Division  
5401 Westbard Avenue  
Washington, D.C. 20207  
(202) 492-6576  
(or local Poison Control Centers)
- Department of Transportation  
General Services Division (NAD-42)  
National Highway Traffic Safety  
Administration  
Department of Transportation  
400 Seventh Street, S.W. (Room 4423)  
Washington, D.C. 20590  
(202) 426-0874  
ATTN: E. Kitts
- National Safety Council  
444 North Michigan Avenue  
Chicago, Illinois 60611  
(312) 527-4800
- American Red Cross  
National Headquarters  
18th and E Streets, N.W.  
Washington, D.C. 20006  
(202) 857-3555

## Community Water Supply Fluoridation

- Center for Disease Control  
Dental Disease Prevention Activity  
(E107)  
Center for Disease Control  
Atlanta, Georgia 30333  
(404) 262-6631

- National Institute of Dental Research

Public Inquiries Office  
Room 2C34, Building 31  
National Institutes of Health  
Bethesda, Maryland 20205  
(301) 496-4261

- American Dental Association

Bureau of Health Education  
and Audiovisual Services  
American Dental Association  
211 East Chicago Avenue  
Chicago, Illinois 60611  
(312) 440-2593

### Infectious Agent Control

- Center for Disease Control

Public Inquiries  
Management Analysis and Service Office  
Building 4, Room B2  
Center for Disease Control  
Atlanta, Georgia 30333  
(404) 329-3534

- National Institute of Allergy and  
Infectious Diseases

Office of Research Reporting  
and Public Response  
Room 7A32, Building 31  
National Institutes of Health  
Bethesda, Maryland 20205  
(301) 496-5717

## HEALTH PROMOTION

### Smoking Cessation

- Technical Information Center for Smoking and Health  
Office on Smoking and Health  
Department of Health, Education, and  
Welfare (Room 1-16, Park Building)  
5600 Fishers Lane  
Rockville, Maryland 20857  
(301) 443-1690
- Office of Cancer Communications  
National Cancer Institute  
Room 10A18, Building 31  
National Institutes of Health  
Bethesda, Maryland 20205  
(301) 496-5583
- American Cancer Society  
Public Information Department  
777 Third Avenue  
New York, New York 10017  
(212) 371-2900, ext. 254  
(or local chapter)
- American Lung Association  
1740 Broadway  
New York, New York 10019  
(212) 245-8000  
(or local chapter)
- American Heart Association  
7320 Greenville Avenue  
Dallas, Texas 75231  
(214) 750-5300  
(or local chapter)

### Reducing Misuse of Alcohol and Drugs

- National Clearinghouse on Alcohol Information

Post Office Box 2345  
Rockville, Maryland 20852  
(301) 468-2600

- National Clearinghouse on Drug Abuse Information

Room 10A53, Parklawn Building  
5600 Fishers Lane  
Rockville, Maryland 20857  
(301) 443-6500

- National Council on Alcoholism

733 Third Avenue  
New York, New York 10017  
(212) 986-4433

- Alcoholics Anonymous

General Services Office (6th Floor)  
468 Park Avenue South  
New York, New York 10016  
(212) 686-1100  
ATTN: Public Information Department

### Improved Nutrition

- Food and Drug Administration

Office of Consumer Communications  
(HFG-10)  
Food and Drug Administration  
Room 15B32, Parklawn Building  
5600 Fishers Lane  
Rockville, Maryland 20857  
(301) 443-3170

- U.S. Department of Agriculture  
     Human Nutrition Center - SEA  
     Room 421A  
     U.S. Department of Agriculture  
     Washington, D.C. 20250  
     (202) 447-7854
- Consumer Information Center  
     Consumer Information Center  
     Pueblo, Colorado 81009  
     (303) 544-5277, ext. 370
- Nutrition Foundation  
     Suite 300  
     888 Seventeenth Street, N.W.  
     Washington, D.C. 20006  
     (202) 872-0778
- National Nutrition Education Clearinghouse  
     Suite 1110  
     2140 Shattuck Avenue  
     Berkeley, California 94704  
     (415) 548-1363

#### Exercise and Fitness

- President's Council on Physical Fitness and Sports  
     Department of Health, Education  
     and Welfare (Room 3030 Donohoe)  
     400 Sixth Street, S.W.  
     Washington, D.C. 20201  
     (202) 755-7947
- American Alliance for Health, Physical  
     Education, Recreation, and Dance  
     Promotions Unit  
     1201 Sixteenth Street, N.W.  
     Washington, D.C. 20036  
     (202) 833-5534



- American College of Sports Medicine  
1440 Monroe Street  
Madison, Wisconsin 53706  
(608) 262-3632

#### Stress Control

- National Clearinghouse for Mental Health Information  
National Institute of Mental Health  
Room 11A21, Parklawn Building  
5600 Fishers Lane  
Rockville, Maryland 20857  
(301) 443-4515
- Mental Health Association  
1800 North Kent Street  
Arlington, Virginia 22209  
(or local chapters)  
(703) 528-6405
- Public Affairs Committee, Inc.  
Room 1101  
381 Park Avenue South  
New York, New York 10016  
(212) 683-4331
- Blue Cross and Blue Shield Associations  
Public Relations Office  
840 North Lake Shore Drive  
Chicago, Illinois 60611  
(312) 440-5955

## GENERAL INFORMATION SOURCES

### Public Health Service

- Bureau of Health Education  
Building 14  
Center for Disease Control  
Atlanta, Georgia 30333  
(404) 329-3111
- Office of Health Information and Health Promotion  
Office of the Surgeon General  
Department of Health, Education,  
and Welfare (Room 721B HHH)  
200 Independence Avenue, S.W.  
Washington, D.C.  
(202) 472-5370

### National Organizations

- National Association of Community Health Centers, Inc.  
Suite 420  
1625 Eye Street, N.W.  
Washington, D.C. 20006  
(202) 833-9280
- National Center for Health Education  
211 Sutter Street (4th Floor)  
San Francisco, California 94108  
(415) 781-6144

### State and Local Levels

- Contact your family physician
- Contact your local health department
- Contact your county's cooperative extension service

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